

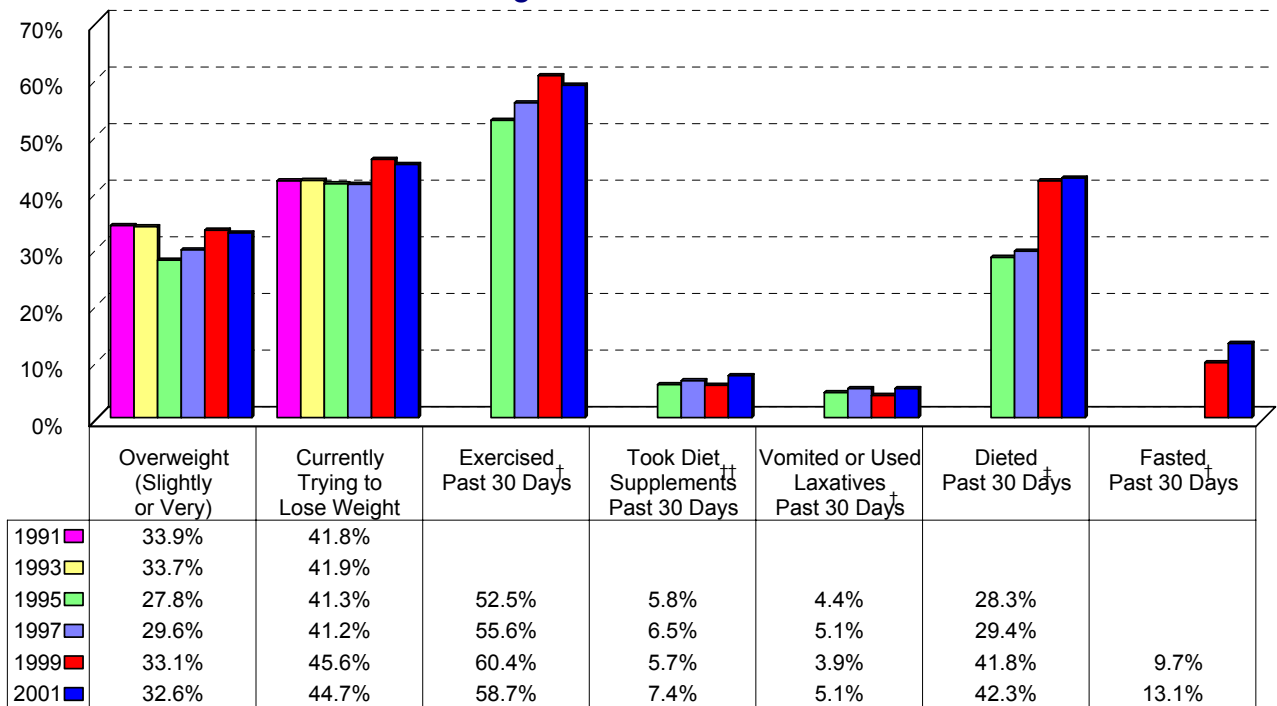
## Body Weight and Weight Loss

This section asks students their height and weight, how they feel about their weight and what, if anything, they are doing to control their weight as it relates to exercise, diet, fasting, diet supplementation, and vomiting and laxative use.

### Highlights

Teens reporting that they were overweight (“slightly” or “very”) changed little from 1991 to 2001. The percentage of teens reporting that they are currently trying to lose weight also changed a little. The percentage of teens reporting that they exercised or dieted during the past 30 days to maintain or lose weight increased from 1995 to 1999 and then declined slightly in 2001. Percentage of teens reporting that they used dietary supplements, vomited or used laxatives to maintain or lose weight in the past 30 days increased in 2001.

**Figure 1: Body Weight & Weight Loss Behaviors\***  
High School Students



<sup>†</sup> "to lose weight or keep from gaining weight"

<sup>††</sup> "took diet pills, powders, or liquids without a doctor's advice to lose weight (does not include meal replacement products)"

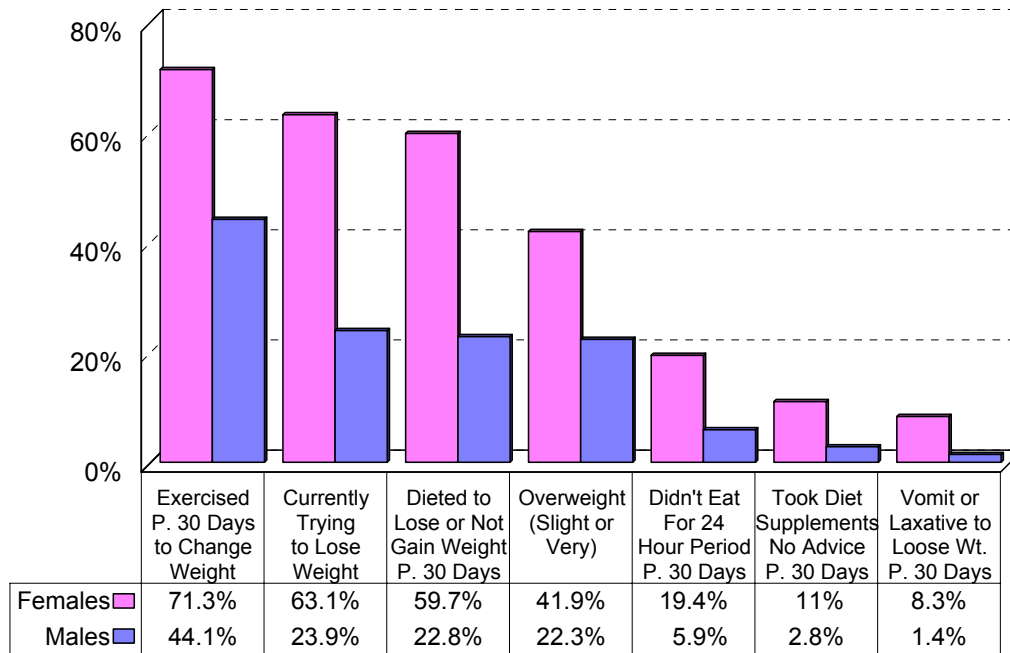
<sup>‡</sup> 1999: "ate less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight"  
1997, 1995: "dieted"

\* Grade Adjusted

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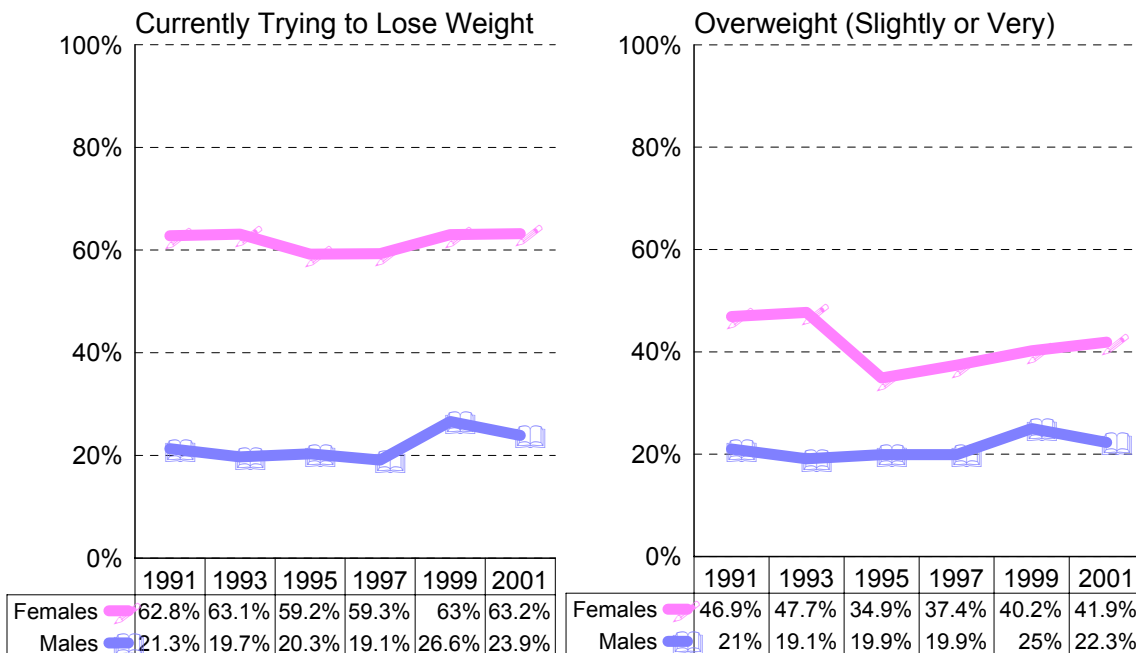
Across all the survey years, female teens were considerably more likely than male teens to report that they are overweight or that they engage in weight loss behaviors ( Figure 2,3 & 4).

**Figure 2: 2001 Body Weight and Weight Loss\***  
High School Students



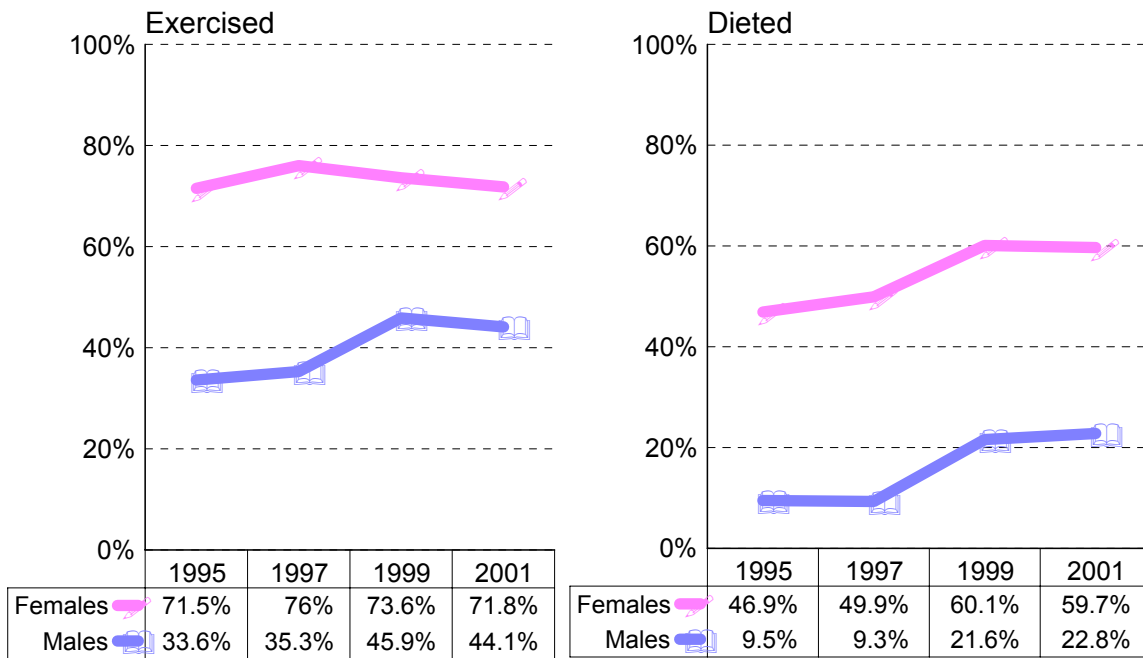
\*Grade Adjusted

**Figure 3: Overweight and Weight Loss\***  
High School Students



\*Grade Adjusted

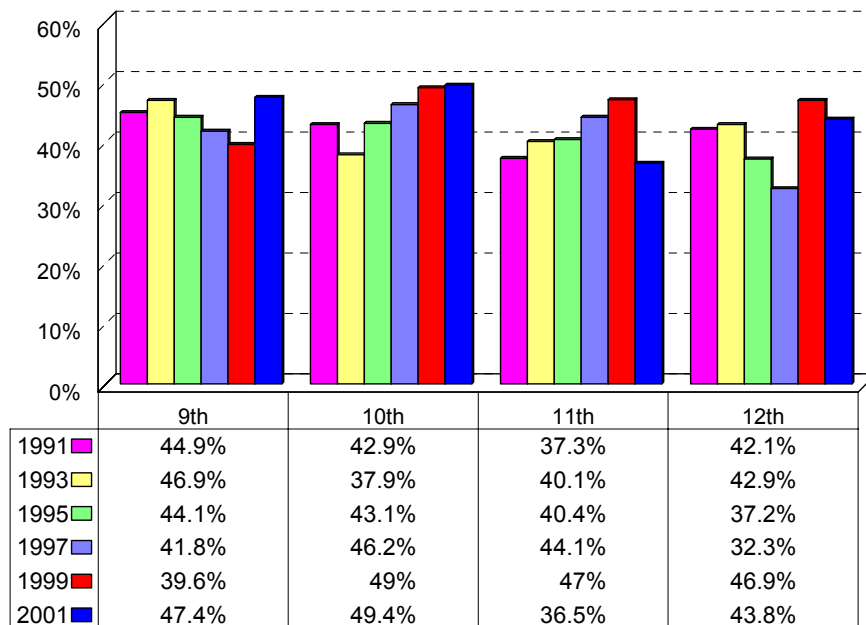
**Figure 4: Exercise and Diet\***  
High School Students Who Reported Exercising or Dieting to Lose or Maintain Body Weight During the Past 30 Days



\*Grade Adjusted

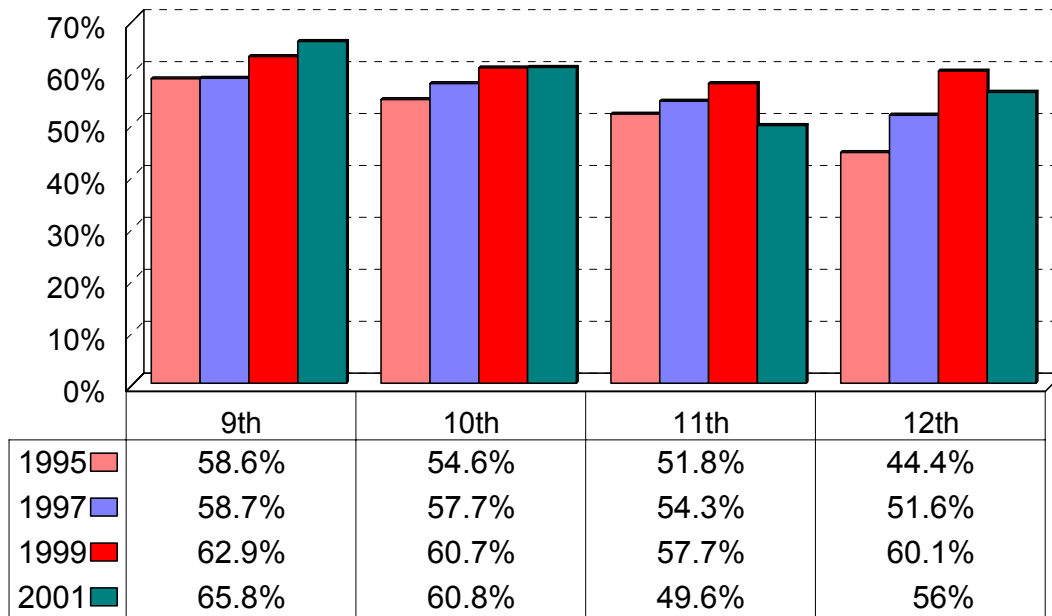
L Figure 5,6 & 7 shows reports of weight loss intent, exercise and dieting among teens in all grades surveyed.

**Figure 5: Weight Loss By Grade**  
High School Students Who Reported Currently Trying to Lose Weight



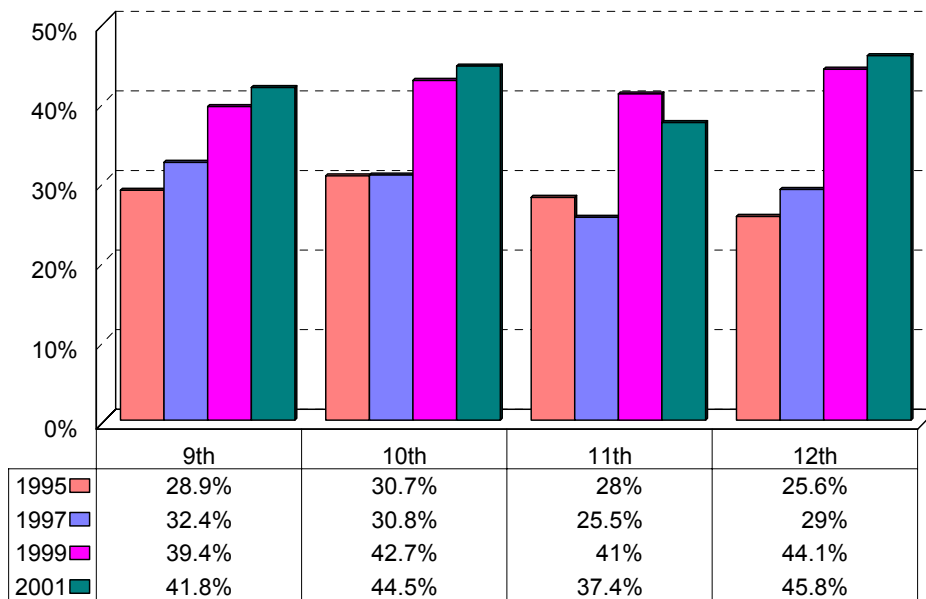
## Figure 6: Exercise By Grade

High School Students Who Reported Exercising to Lose or Maintain Body Weight During the Past 30 Days



## Figure 7: Dieted By Grade

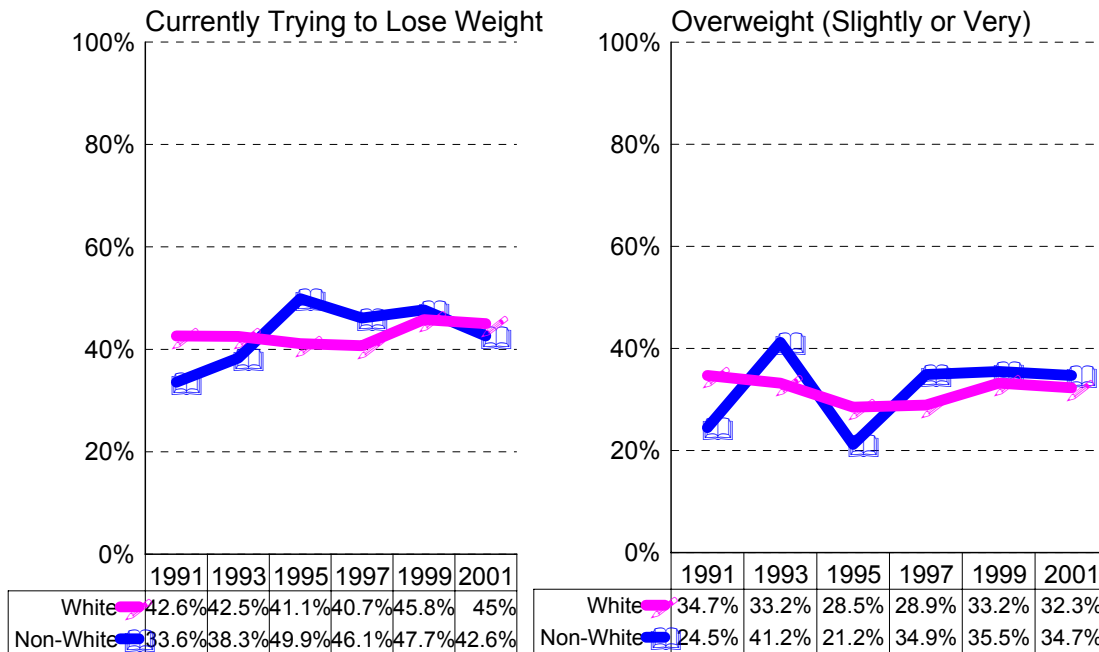
High School Students Who Reported Dieting to Lose or Maintain Body Weight During the Past 30 Days



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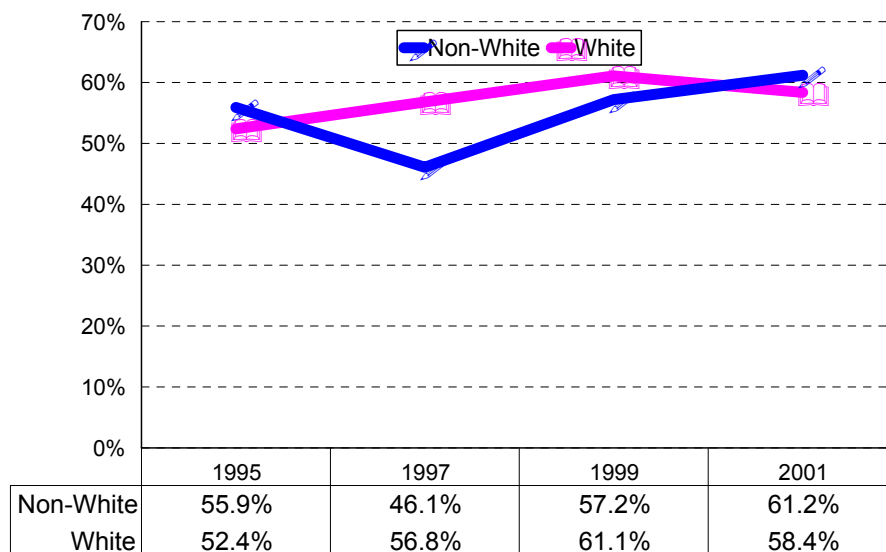
There was little difference between white and non-white teens in reported body weight or weight loss behaviors (Figure 8,9 & 10).

**Figure 9: Overweight and Weight Control\***  
High School Students



\*Grade Adjusted

**Figure 10: Exercise\***  
High School Students Who Reported Exercising to Loose or Maintain Body Weight During the Past 30 Days



\*Grade Adjusted